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APPLICATION FOR LETTERS PATENT

Applicants: PING CHEN

Title : GYM BOARD

14 Claims

9 Sheets of Drawings

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GYM BOARD

BACKGROUND OF THE INVENTION

1. Field of the Invention

The present invention relates to a gym board, and more particularly to a gym board that can be used for conditioning in many sports as well as general body conditioning.

2. Description of Related Art

Usually, a conventional gym board has a single purpose and is used to condition a single portion on a body. Consequently, a conventional gym board cannot be used for conditioning in many sports and all portions of the body.

A gym board in accordance with the present invention obviates or mitigates the aforementioned problems.

SUMMARY OF THE INVENTION

The primary objective of the present invention is to provide a gym board that can be used for conditioning in many sports.

The gym board in accordance with the present invention has a board and an insert body movable mounted on the board. The board has a bottom surface, a center holder and at least two side holders. The insert body has four insert blocks and each insert block can be movable mounted in the center holder and the side holders.

Other objectives, advantages and novel features of the invention will become more apparent from the following detailed description when taken in conjunction with the accompanying drawings.

BRIEF DESCRIPTION OF THE DRAWINGS

1 Fig. 1 is a perspective view of a gym board in accordance with the
2 present invention;

3 Fig. 2 is an exploded perspective view of the gym board in Fig. 1;

4 Fig. 3 is an operational perspective view of the gym board in Fig. 1 being
5 used for balance training;

6 Fig. 4 is an operational front plan view of the gym board in Fig. 1 being
7 used for balance training;

8 Fig. 5 is an operational front plan view of the gym board in Fig. 1 being
9 used to perform curls;

10 Fig. 6 is an operational side plan view of the gym board in Fig. 1 being
11 used to perform extended sit-ups;

12 Fig. 7 is an operational side plan view of the gym board in Fig. 1 being
13 used to perform push-ups;

14 Fig. 8 is an operational side plan view of the gym board in Fig. 1 being
15 used to raise a person's toes during exercises; and

16 Fig. 9 is an operational side plan view of the gym board in Fig. 1 being
17 used to perform a seesaw exercise.

18 DETAILED DESCRIPTION OF PREFERRED EMBODIMENT

19 With reference to Figs. 1, 2 and 5, a gym board in accordance with the
20 present invention can be used for conditioning in many sports and has a board
21 (10), an insert body (20), at least two optional holding bodies (30), at least two
22 optional quarters (50) and two optional resilient cords (40).

23 The board (10) has a top surface (not numbered), a bottom surface (not
24 numbered), multiple edges (not numbered), multiple corners (not numbered), a

1 center (not numbered), an traction area (11), multiple optional nubs (111), two
2 optional handles (15), at least two slotted holes (16), two optional through holes
3 (17), a center holder (13), at least two side holders (14) and at least two optional
4 quarter holders (18). The gym board described for illustrative purposes has four
5 edges and four corners, and the board (10) is rectangular.

6 The optional handles (15) are respectively mounted on the top surface
7 along two opposite edges. Each handle (15) has two ends (not numbered), and a
8 screw (not numbered) is mounted through the board (10) and screws into the end
9 of the handle (15).

10 The traction area (11) is formed on the top surface between two handles
11 (15).

12 The optional slotted holes (16) are respectively defined through the
13 edges corresponding to the handles (15).

14 The optional nubs (111) are formed on the traction area (11) and used for
15 preventing a user from slipping.

16 The two optional through holes (17) are defined through the board (10)
17 at one of the edges different from the edge corresponding to the handles (15) and
18 used to attach one end of the handles (15) so the direction and orientation of the
19 handles (15) can be changed.

20 The center holder (13) is formed on the bottom surface of the board (10)
21 at the center. The center holder (13) is cylindrical and has four equal recesses
22 (12). Each recess (12) has multiple optional ribs (121) and an optional key lock
23 (122).

24 The side holders (14) are formed on the bottom surface of the board (10)

1 respectively near the corners. Each side holder (14) is shaped the same as one of
2 the recesses (12) and has a tip (not numbered). The tip of each side holder (14)
3 points toward the corresponding corner. The gym board as described for
4 illustrative purposes has four side holders (14).

5 The optional quarter holders (18) are formed around the center holder
6 (13), and each quarter holder (18) is shaped the same as one of the recesses (12)
7 and equal to each recess (12). The gym board as described for illustrative
8 purposes has four quarter holders (18) arranged radially around the center holder
9 (13).

10 The insert body (20) is movable mounted inside the center holder (13)
11 and has four insert blocks (21). Each insert block (21) mounts in the
12 corresponding recess (12) and has a top (not numbered), a bottom (not
13 numbered), a bottom side edge (not numbered), a side surface (not numbered), a
14 height (not numbered), a cap (22), a key (23) and multiple optional hooks (24).
15 The cap (22) is mounted on the bottom of the insert block (21), and the optional
16 hooks (24) are formed on the bottom side edge for holding the cap (22). The key
17 (23) is formed on the side surface at the top and faces the corresponding key lock
18 (122).

19 The optional holding bodies (30) are mounted inside the side holders
20 (14), and each holding body (30) has a bottom (not numbered), a top (not
21 numbered), a height (not numbered), a top block (not numbered) and bottom
22 block (not numbered). The top block is integrally formed on the bottom block,
23 and the cap is mounted on the bottom of the holding body (30). The bottom block
24 of the holding body (30) is mounted in the side holder (14).

1 The optional quarters (50) are almost the same as the insert blocks (21)
2 except for the cap (22). The quarter (50) is mounted in the quarter holder (18)
3 and has an arcuate cap (not numbered). The quarter (50) also can be inserted into
4 one of the recesses (12) or the side holder (14).

5 The optional resilient cords (40) are respectively mounted through the
6 slotted holes (16), and each resilient cord (40) has an elastic cord (42) and a
7 handle (43). The elastic cord (42) has a distal end (not numbered) and a proximal
8 end (41). The handle (43) is mounted on the distal end of the elastic cord (42).

9 With reference to Fig. 3, when the insert body (20) is mounted inside the
10 center holder (13), a user can stand on the traction area (11) of the gym board and
11 rock the gym board in any direction. The nubs (111) keep the user from slipping.

12 With reference to Fig. 4, a user can rock the gym board to improve the sense of
13 balance.

14 With reference to Fig. 5, when the resilient cords (40) are respectively
15 mounted through the slotted holes (16) and the insert blocks (21) are removed
16 from the center cylinder (13) and inserted into the corresponding side holders
17 (14), a user can stand on the gym board and pull the resilient cords (40) to
18 strengthen arms.

19 With reference to Figs. 6 and 7, a user can sit on the traction area (11) to
20 do sit-ups exercise or do push-up exercise when the resilient cords (40) are
21 removed.

22 With reference to Fig. 8, the gym board is inclined by removing the
23 insert body (20) from the center holder (13) and inserting holding bodies (30)
24 into two of the side holders (14). One end of each handle (15) is loosened and

1 rotated to change the direction of the handle (15). A user stands on the gym
2 board, and the heels of the user's feet respectively about the handles (15) so that
3 the user will not slip from the gym board and exercise the leg muscles.

4 With reference to Fig. 9, a single axis balancing device is configured by
5 inserting the quarters (50) into two opposite quarter holders (18) so a user
6 standing on the gym board to do a seesaw exercise.

7 The gym board in accordance with the present invention provides the
8 means to perform multiple exercises and condition multiple parts of a user's
9 body.

10 The invention may be varied in many ways by a person skilled in the art.
11 Such variations are not to be regarded as a departure from the spirit and scope of
12 the invention, and all such modifications are intended to be included within the
13 scope of the following claims.